

# MOUNTAIN CLIMBING

## ✓ checklist

### Required

- |  |   |
|--|---|
| <input type="checkbox"/> 1 Day bag                           | <input type="checkbox"/> 1 Pocket knife                   |
| <input type="checkbox"/> 1 Pair of mountain boots            | <input type="checkbox"/> 1 Face towel                     |
| <input type="checkbox"/> 2 Pairs of trekking trousers        | <input type="checkbox"/> 1 Jogging suit                   |
| <input type="checkbox"/> 2 Cotton shirts                     | <input type="checkbox"/> 1 Trekking bag                   |
| <input type="checkbox"/> 1 Warm pullover                     | <input type="checkbox"/> 1 Pair of jogging shoes          |
| <input type="checkbox"/> 1 Warm woolen cap                   | <input type="checkbox"/> 1 Pair of glacier goggles        |
| <input type="checkbox"/> 1 Pair of gloves (woolen mitten)    | <input type="checkbox"/> 1 Rain proof perlon zip trousers |
| <input type="checkbox"/> 1 Parka, extra-large with hat       | <input type="checkbox"/> Walking sticks                   |
| <input type="checkbox"/> 1 Raincoat                          | <input type="checkbox"/> 2 Pairs of woolen socks          |
| <input type="checkbox"/> 1 Sleeping bag up to 150C           |   |
| <input type="checkbox"/> 1 Sleeping mat 8-12mm               |   |
| <input type="checkbox"/> 1 Headlamp including batteries      |   |
| <input type="checkbox"/> 1 Thermos flask, unbreakable 1.5ltr |   |

### Additional for Mt Kilimanjaro Crater Camping & Western Breach

- 1 Pair of crampon proof mountain boots
- 1 Ice axe
- 1 Pair of crampons

### Additional for Mawenzi, Batián and Nelion Peaks

- Rock climbing equipment up to grade 4
- Helmets

### Additional for Ruwenzori- Margherita Ascend

- Harness
- Carabiner
- Crampons
- 1 Pair of crampon proof mountain boots

..... *Safaris of a lifetime*

